Australian Government

SIS40221 Certificate IV in Fitness

Release: 2

SIS40221 Certificate IV in Fitness

Modification History

Release 2.	Minor changes to replace superseded units.
Release 1.	Supersedes and is not equivalent to SIS40215 Certificate IV in Fitness.

Qualification Description

This qualification reflects the role of personal trainers who develop, instruct and evaluate personalised exercise programs for generally healthy and low risk clients, to achieve specific fitness goals. Clients with higher health risks are referred to medical or allied health professionals. Personal trainers work independently using highly developed fitness skills and knowledge in both routine and unpredictable situations. They use well-developed communication and collaboration skills to interact with clients and health professionals to improve client fitness outcomes.

This qualification provides a pathway to work as an employed or self-employed personal trainer in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes, and outdoor locations. Personal trainers may offer services to individuals and groups, and may provide online training services. In some employment contexts, personal trainers may be involved in team leadership or supervisory activities.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certification or specific legislative requirements apply to this qualification at the time of publication.

Entry Requirements

Entry to this qualification is open to individuals who hold the following units of competency or units that have been superseded by these units:

HLTAID011	Provide First Aid (or a unit that supersedes this unit)
HLTWHS001	Participate in workplace health and safety
SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
SISFFIT035	Plan group exercise sessions

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SISFFIT036	Instruct group exercise sessions
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
SISFFIT052	Provide healthy eating information

Packaging Rules

17 units must be completed:

- 10 core units
- 7 elective units, consisting of:
  - 2 units from Group A
  - 2 units from Group B
  - 3 units from Group A, B, or C, elsewhere in the SIS Training Package, or from any other current Training Package or accredited course.

The selection of electives must be guided by the job outcome sought, local industry requirements and the complexity of skills appropriate to the AQF level of this qualification.

Core units

CHCCOM006	Establish and manage client relationships
SISFFIT041	Develop personalised exercise programs
SISFFIT042	Instruct personalised exercise sessions
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals
SISFFIT044	Develop and instruct personalised exercise programs for older clients
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients
SISFFIT049	Use exercise science principles in fitness instruction
SISFFIT050	Support exercise behaviour change
SISFFIT051	Establish and maintain professional practice for fitness instruction
SISFFIT053	Support healthy eating for individual fitness clients

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Elective units

Group A: Exercise Instruction

SISFFIT034	Assess client movement and provide exercise advice
SISFFIT037	Develop and instruct group movement programs for children
SISFFIT046	Plan and instruct online exercise sessions
SISXCAI005	Conduct individualised long-term training programs
SISXCAI009	Instruct strength and conditioning techniques
SISXCAI010	Develop strength and conditioning programs
SISXDIS002	Plan and conduct disability programs

Group B: Business Operations and Leadership

BSBESB301	Investigate business opportunities
BSBESB302	Develop and present business proposals
BSBESB303	Organise finances for new business ventures
BSBESB401	Research and develop business plans
BSBESB402	Establish legal and risk management requirements of new business ventures
BSBESB403	Plan finances for new business ventures
BSBESB404	Market new business ventures
BSBESB405	Manage compliance for small businesses
BSBESB407	Manage finances for new business ventures
BSBLDR414	Lead team effectiveness
SISXIND005	Coordinate work teams or groups
TAEDEL414	Mentor in the workplace

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Group C: General Electives

BSBCMM411	Make presentations
BSBCRT411	Apply critical thinking to work practices
CHCAGE001	Facilitate the empowerment of older people
CHCDIS007	Facilitate the empowerment of people with disability
CHCDIV001	Work with diverse people
CHCLAH002	Contribute to leisure and health programming
CHCLAH005	Incorporate lifespan development and sociological concepts into leisure and health programming
CHCMHS001	Work with people with mental health issues
CHCYTH013	Engage respectfully with young people
HLTINF004	Manage the prevention and control of infection
HLTWHS003	Maintain work health and safety
HLTWHS005	Conduct manual tasks safely
SIRXOSM002	Maintain ethical and professional standards when using social media and online platforms
SIRXOSM003	Use social media and online tools
SIRXOSM005	Develop a basic website for customer engagement
SIRXSLS001	Sell to the retail customer
SISCAQU020	Perform water rescues
SISFFIT038	Plan group water-based exercise sessions
SISFFIT039	Instruct group water-based exercise sessions

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SISFFIT048	Use anatomy and physiology knowledge to support safe and effective water-based exercise
SISXDIS001	Facilitate inclusion for people with a disability
SISXIND012	Select and use technology for sport, fitness and recreation work
SISXIND004	Analyse participation patterns
SISXIND006	Conduct sport, fitness or recreation events

Qualification Mapping Information

Supersedes and is not equivalent to SIS40215 Certificate IV in Fitness.

Links

Companion Volume implementation guides are found in VETNet - https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b

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